



## Navy Announces Updates to Physical Readiness Policy

The Navy announced additional changes to the Physical Readiness Program (PRP) March 11, which remains focused on performance and enhances the culture of fitness for Sailors.

According to NAVADMIN 073/09, effective immediately, active-duty Sailors with three or more physical fitness assessment (PFA) failures in the last four years may not transfer, reenlist or extend without a waiver from Navy Personnel Command.



Effective Oct. 1, Physical Readiness Information Management System (PRIMS) data will be reviewed as part of the advancement and promotion process. According to the current policy, Sailors who failed their most recent PFA cannot be advanced or promoted until they are within PFA standards. This has been enforced at the command level, but the new change will allow equal enforcement across the fleet.

Command justification is required in PRIMS for Sailors who do not complete a PFA. All Sailors must meet body fat standards in order to pass semi-annual requirements. Sailors who cannot complete physical portions of the PFA due to medical waivers must still pass a body composition assessment unless (BCA) is medically waived. Additionally, no progress waivers may be granted after June 30, 2009.

The message now designates dates, defined as "cycles," in which commands must conduct the semi-annual PFA. Cycle 1 is Jan. 1 through June 30. Cycle 2 is July 1 through Dec. 31.

For more information read NAVADMIN 073/009 and visit the Physical Readiness section on the NPC Web site [www.npc.navy.mil](http://www.npc.navy.mil).